

ABSTRACT OF THE DISCLOSURE

An apparatus and method of repairing a tear in body tissue includes inserting a needle containing a retaining head from a first insertion position on a first outer surface of the body tissue, through the tear and to a second outer surface of the body tissue. The retaining head is ejected from the insertion needle and grasps the second outer surface in an engaged position. An anchor coupled to the retaining head by a flexible member is advanced from a second insertion position on the first outer surface of the body tissue to a position at least through a portion of the tear. The flexible member extends a distance along the first outer surface of the body tissue from the first insertion position to the second insertion position.